

"Prevention is  
our Intention"

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Safety Partnership Group

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**EMAIL**

[bbs@sarniasafety.com](mailto:bbs@sarniasafety.com)

**To submit items  
of interest  
contact  
Peter Stock**

**337-1716  
Fax 383-1305**

**Industrial Educational Co-op  
252 Chippewa Street  
Sarnia, Ontario  
N7T 8A9**

[www.sarniasafety.com](http://www.sarniasafety.com)

# Safety Partnership



Zero incidents by choice through  
Partnerships for Safety...



**Danny Richard – Keynote Speaker**

We are pleased to have Danny Richard as our keynote speaker for our 6<sup>th</sup> Annual Safety Partnership Forum. Danny spoke at our inaugural event on February 14<sup>th</sup> 2001 and will help us look back and recognize and celebrate the many accomplishments of the Partnership over the last 5 years.

Danny Richard is Founder and President of People N Safety, Inc., a consulting practice which specializes in leadership, person based safety processes.

A provocative and energizing speaker, Danny partners with organizations to harness their unique power to achieve extraordinary performance in the areas of leadership and safety. He is a powerful storyteller with extensive experience leading change initiatives with world-class organizations.

Danny is personally committed to changing the industry to provide people with an injury free work environment by "Putting People into The Safety Process."



**ANNUAL  
SAFETY PARTNERSHIP  
FORUM**

**FEBRUARY  
16<sup>th</sup> FORUM**

**6<sup>th</sup> Annual Celebration**

The Safety Partnership is pleased to announce the date for our 6<sup>th</sup> Annual February Forum. This Safety Event will be held at the Lambton Inn, (formerly the EuroCan Hotel) on London Road in Sarnia on Thursday February 16<sup>th</sup> starting at 7:30 AM.

More information will be available from our website and through e-mail invitations.

Danny Richard from People[N]Safety will help us recognize and celebrate the many Safety Partnership achievements since 2001.

Mark your calendar and plan to attend this celebration of the past five years of effort by a unique partnership of Industry, Labour and Contractors.

## Dying With Your Skates On

Each year, 12 to 15 of the estimated 10,000 Canadian men who play recreational and pickup hockey for fun, die with their skates on. Those are cases reported from incidents at rinks. They don't necessarily include those who make it home and then collapse or have heart attacks in the night after a strenuous game.

Mainly the fatalities are middle-aged men, driven by passion for a game they remember playing as kids. Studies show that Canadian men playing hockey easily launch themselves into a cardiac danger zone, keeping their heart rates above the target zone designated for aerobic activity for prolonged periods of time. The target zone is not to exceed 220 minus your age.

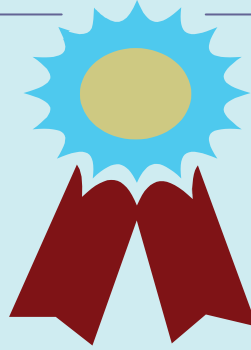
In a self-test Dr. Mitch Shulman, a 49 year old doctor from Montreal, strapped on a heart monitor to record heart beats and played a shift of hockey. His resting heartbeat of 70 beats per minute increased to 188 beats per minute after one shift on the ice.

His experience reflected what researchers at Dalhousie University learned in a 2000 study of 113 recreational players over a three month time-span. All 113 players exceeded their target heart rates. Most players had poor heart rate recovery after exercise they noted as well.

### Some Safety Suggestions When Playing

1. Have team members trained in CPR and the use of defibrillators which are becoming more common in some arenas
2. Warm-up before playing
3. Don't sit down between shifts. Standing and keeping the legs moving helps remove the lactic acid and you will feel fresher for the next shift.
4. Get more players on your team so that you have more time between shifts
5. Warm down after playing. Cut the game short and warm down before hitting the dressing room

Read the full article by James Christie in the GLOBE and MAIL on line



## Safety Partnership Recognition Award

The Safety Partnership wants to recognize three groups of people at the February 16<sup>th</sup> Annual Forum:

- 1) Contractors
- 2) Industrial Clients
- 3) Individual Workers

We could use your help with the Individual Workers' award.

If you know of a person or small group of people that have gone above and beyond the call of duty with respect to safety, please contact John Barnfield, Peter Stock or your labour contact and submit a brief explanation as to why they should be recognized.

An award committee will meet in January to judge these submissions.

We are really counting on local companies and workers to nominate people for this award.

Plan to attend this safety event of the year and celebrate with us the past five years of the Safety Partnership; a unique collaboration of Labour, Industry and Contractors working towards one goal; everyone goes home safe!

### DATES TO REMEMBER

Tuesday January 24<sup>th</sup> 2006: Annual Safety Partnership Planning meeting at the Village Inn (12:00 – 4:00)

Thursday February 16<sup>th</sup>: 6<sup>th</sup> Annual Safety Partnership Forum (7:30 – 12:00 noon)

**A Safe and Happy New Year to  
All our Partners in Safety!**

### WEBSITE of the MONTH

<http://www.carha.ca/hockeypost/nov02/safety.htm>